

**Report on Basic Demographic Information and Results of Twelve Month
Follow-up Procedure For Adolescents Completing Community-Based
Treatment Programs**

**Presented to: Division of Alcohol and Drug Abuse
State of South Dakota**

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December 23, 2007

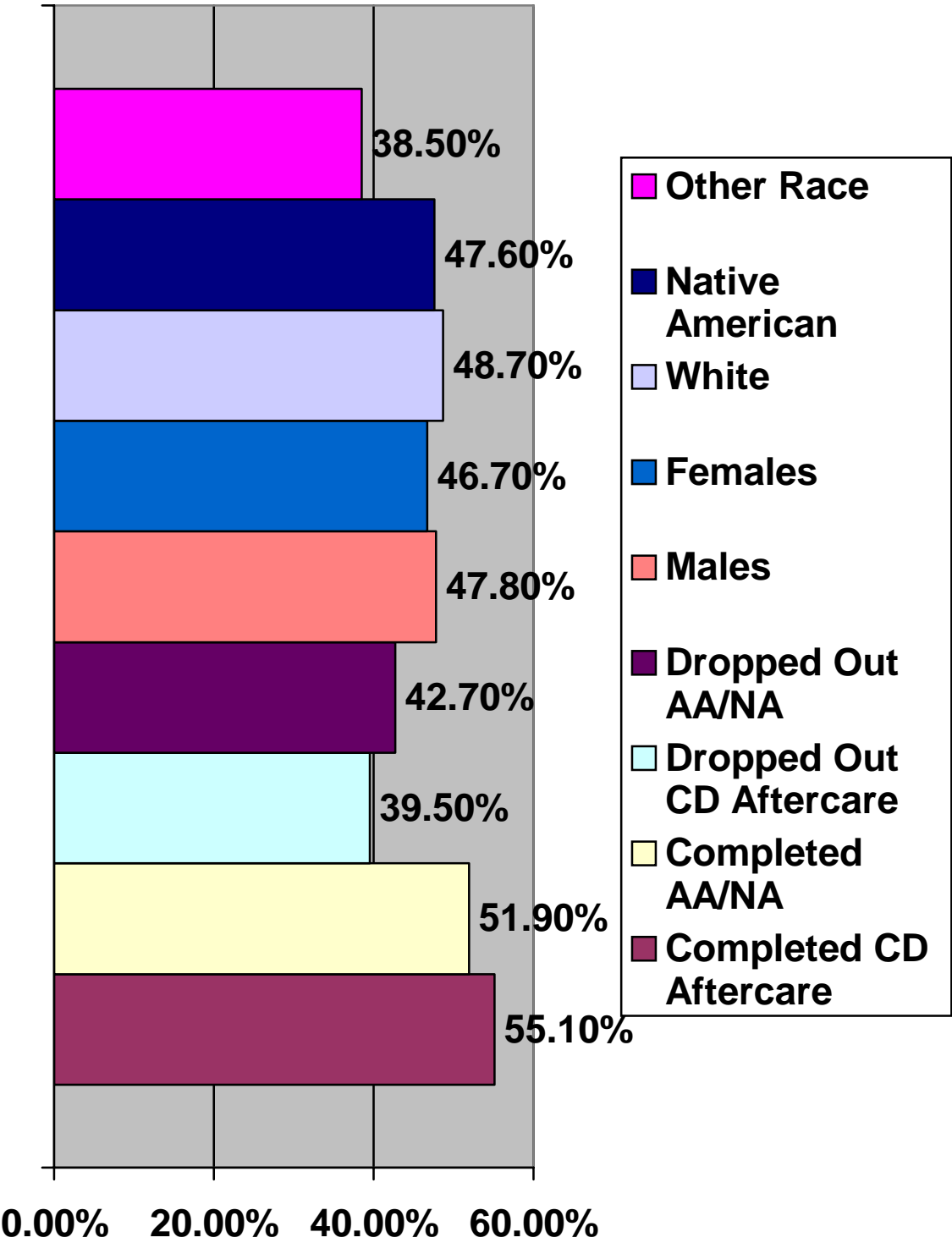
EXECUTIVE SUMMARY - Community-Based Youth Programs

A summary of the basic findings is presented in this section.

- ◆ The cumulative abstinence rate at one year post-treatment for the adolescents in the 12-month follow-up survey was 47.3 percent. In addition to having good abstinence rates, the clients completing treatment programs had significant improvements in many other areas of their lives, as presented below.
- ◆ Clients who were abstinent during follow-up, were hospitalized about **3.9 times less** than those who were using substances.
- ◆ Those who were using substances had **1.7 times more** office visits for illnesses than did clients not using.
- ◆ There were substantial decreases (70.1% to 90.9%) in discipline problems at school in each of the six areas (sent to principal, family conference, suspension, expulsion, being placed on probation, other) measured between pre- (before treatment) and post-test (12 months after treatment) measures.
- ◆ After treatment, clients were **3.3 times less** likely to be absent from or late to work and **2.9 times less** likely to have poor job performance due to alcohol or drug use.
- ◆ Clients who completed treatment had significantly fewer arrests (**5.0 times fewer** misdemeanor arrests and **9.3 times fewer** felony arrests) after treatment than they did before treatment.
- ◆ Alcohol and marijuana were the most frequently used substances before and after treatment. Tobacco use (post-treatment) was reported by about 65.6 percent of the clients.
- ◆ Only about one-half of the persons in this follow-up group attended any CD Aftercare programs, including AA/NA.

- ◆ Clients who rated the treatment programs highly were much more likely to be substance free.
- ◆ Clients who were jailed during the year prior to treatment were more likely to use substances during follow-up than were those not jailed.
- ◆ Those who had higher self-images were less likely to use alcohol or drugs than were those with lower self-images.
- ◆ Persons who had informal reprimands prior to treatment were more likely to use substances during follow-up than were those without informal reprimands.
- ◆ Clients placed in detention facilities before treatment were more likely to use substances than were those not placed in detention.
- ◆ Those reporting anxiety, nervousness, or tension before treatment more likely to use substances during follow-up.
- ◆ Clients with misdemeanor arrests before treatment were more likely to use substances than were those not arrested.
- ◆ Persons transferred to adult courts prior to treatment were at a higher risk for using substances during the follow-up period.
- ◆ Clients who used hallucinogens and/or cocaine often before treatment were more likely to use substances during follow-up.
- ◆ Clients who had many days absent from work and/or had poor work performance before treatment were more likely to use substances during the follow-up period.

Abstinence Rates: Various Groups



MPR ADOLESCENT INTAKE FORM

Information from the Intake Form was available on 1549 adolescents who completed community-based treatment programs funded by the Division of Alcohol and Drug Abuse between April 1998 and November 2007.

There were more males (57.7%) than females (42.3%). The average age of the individuals was 16.2 years.

Gender	Number	Percent
Males	894	57.7%
Females	655	42.3%

RACE/ETHNIC

Native American (50.8%) and White (36.9%) were the most prevalent ethnic groups completing the treatment programs.

	White	Hispanic	Black	Native American	Biracial	Other
Ethnic Origin	36.9%	1.6%	1.2%	50.8%	8.7%	0.8%

REFERRAL SOURCES AT INTAKE

The most common referral sources at intake were: court system/corrections (75.3%), parents/family (43.4%), and other CD treatment centers (19.2%). Because there could be multiple referral sources for each person the sum of the percents is more than 100.

Referral Sources	Percent Indicating Yes
Parents/Family	43.4%
School	10.3%
County Social Service	11.2%
Referral Services	7.4%
Court System/Corrections	75.3%
Group/Foster Home	6.3%
Mental Health Worker	5.2%
Residential Center	6.4%
Other CD Treatment Center	19.2%
Detox	0.4%
Friend	5.4%
EAP	0.1%
HMO	0.1%
Physician	3.1%
Other	4.6%

FAMILY/SCHOOL SITUATION

Very few of the clients were adopted (3.8%) or were twins (3.3%).

	Yes	No
Is client adopted?	3.8%	96.2%

	Yes	No
Is client a twin?	3.3%	96.7%

Nearly all of the clients were currently attending school, working on a GED, or had graduated.

	Currently in School	Suspended	Expelled	Quit School	Working toward GED	Graduated from High School
Current School Status	74.8%	2.2%	2.5%	6.5%	10.9%	3.2%

HEALTH PAYMENT RESOURCES

The most common payment sources were: Medicaid/Medicare (82.8%) and parents/self pay (11.0%). Since there could be multiple payment sources for each person the sum of the percents equals more than 100.

	Yes	No
Medicaid/Medicare	82.8%	17.2%
Blue Cross/Blue Shield	5.3%	94.7%
Insurance Company	6.3%	93.7%
HMO	0.4%	99.6%
Parents or Self Pay	11.0%	89.0%
Other	8.1%	91.9%

RECENT SUBSTANCE USE AT ENTRY INTO PROGRAMS

Alcohol and marijuana were the most frequently used substances before entrance into the treatment programs.

	Within 24 hours	2-7 days ago	8-14 days ago	Over 2 weeks ago	Never used	Undetermined
Alcohol	1.0%	10.8%	7.9%	73.9%	1.7%	4.7%
Marijuana	2.5%	12.2%	7.7%	68.8%	4.8%	4.1%
Sedatives/ Barbiturates	0.4%	0.2%	0.3%	9.0%	86.8%	3.4%
Stimulants/ Amphetamines	0.3%	0.4%	0.6%	22.6%	72.9%	3.2%
Tranquilizers	0.2%	0.1%	0.1%	5.0%	92.0%	2.7%
Hallucinogens	0.3%	0.2%	0.1%	15.9%	80.3%	3.2%
Synthetic Painkillers	0.5%	0.7%	0.7%	12.5%	82.7%	2.8%
Opiates	0.3%	0.1%	0.3%	8.9%	88.3%	2.2%
Cocaine	0.3%	0.3%	0.5%	17.0%	78.0%	3.8%
Inhalants	0.2%	1.1%	0.7%	25.8%	68.3%	3.9%
Over-the- counter drugs	1.6%	1.4%	1.0%	18.9%	72.4%	4.7%

FAMILY INCOME

Of those responding to the question on family income, many indicated that their family income was between \$10,000 and \$30,000.

	Less than \$10,000	\$10,001 to \$20,000	\$20,001 to \$30,000	\$30,001 to \$40,000	Over \$50,000	Undetermined
Income	25.0%	21.3%	12.8%	6.1%	3.0%	31.7%

DEMOGRAPHIC INFORMATION FROM ADOLESCENT HISTORY FORM

Information from the History form was available for 1525 adolescents who were in community-based treatment programs funded by or under the auspices of the Division of Alcohol and Drug Abuse.

SUBSTANCE USE FREQUENCY FROM HISTORY FORM

Alcohol, marijuana, and tobacco were the most commonly used substances of those for whom information was available. A vast majority (92.5%) had used alcohol, 85.8 percent had tried marijuana with 31.7 percent using it daily, and 82.8 percent reported at least some tobacco use.

Substance	None	Rarely < 1 Month	1-3 Times Month	1-5 Days Week	6-7 Days Week
Alcohol	7.5%	21.2%	34.6%	31.2%	5.5%
Marijuana	14.2%	15.0%	14.0%	25.2%	31.7%
Barbiturates	89.7%	6.3%	1.6%	0.9%	1.6%
Stimulants-Meth	80.6%	10.3%	4.3%	3.0%	1.8%
Tranquillizers	96.2%	2.6%	0.9%	0.2%	0.1%
Hallucinogens	85.1%	10.5%	3.2%	0.8%	0.4%
Painkillers	85.3%	9.1%	3.7%	1.2%	0.7%
Opiates	93.0%	5.2%	1.1%	0.4%	0.3%
Cocaine	84.4%	10.0%	3.3%	1.5%	0.8%
Inhalants/Glue	78.7%	12.9%	3.9%	3.0%	1.5%
Over Counter	83.9%	8.9%	3.6%	2.2%	1.4%
Tobacco	17.2%	5.0%	3.5%	11.4%	63.0%

AGE OF ONSET OF SUBSTANCE USE

The average age of persons starting any substance use was about 12.4 years.

Question On Age	Average Age
How old were you when you started drinking alcohol?	12.9
How old were you when you started using marijuana?	12.6
How old were you when you started using any other drug?	12.3
How old were you when you started smoking cigarettes?	12.0

SUBSTANCE USE/SOCIAL USE PATTERNS

More than three-fourths (77.7%) of the clients reported that half or more of their friends used alcohol or other drugs.

How Many of Your Friends Use Alcohol or Other Drugs?	Number of Cases	Percents
None	38	2.5%
Less Than One-Half	301	19.7%
About One-Half	409	26.8%
Over One-Half	275	18.0%
Nearly All	502	32.9%

Nearly all (95.4%) of those completing the questionnaire indicated they used alcohol or drugs with their friends. Some (60.9%) drank alcohol or used drugs with others, about one-half used substances with their siblings, and 16.2% used drugs or drank with their parents.

How Often Do You Use Alcohol or Drugs During Activities?	Never	Sometimes	Usually	Always
At School	62.2%	28.8%	6.5%	2.6%
With Parents	83.8%	13.3%	2.2%	0.8%
With Siblings	52.5%	34.2%	9.3%	3.9%
With Friends	4.6%	18.0%	34.5%	42.8%
With Others	39.1%	34.2%	16.5%	10.3%

SUBSTANCE USE CONFRONTATIONS

Those most likely to 'often' confront juveniles about alcohol or drug use were parents, social workers/probation officers, other relatives, and siblings.

How Often Have You Been Confronted About Your Use of Alcohol or Drugs By the Following?	Never	Sometimes	Often
Parent	17.9%	40.3%	41.7%
Siblings	47.0%	35.9%	17.1%
Other Relatives	44.7%	36.8%	18.5%
School Personnel	71.7%	21.7%	6.6%
Friends	49.0%	38.4%	12.6%
Social Worker/ Probation Officer	38.1%	29.7%	32.2%

EMOTIONAL/PSYCHOLOGICAL DIFFICULTIES - PAST YEAR

The major emotional problems reported in the past year were: depression (50.9%), sleep problems (45.4%), restlessness (42.9%), lack of energy (37.4%), nervousness (36.1%), and tension (33.2%).

In the Past Year Have You Been Frequently Troubled By the Following:	Number of Cases	Percent Yes
Nervousness	1521	36.1%
Tension	1528	33.2%
Restlessness or Irritability	1531	42.9%
Depression	1530	50.9%
Suicidal Thoughts	1527	18.6%
Sleep Problems	1532	45.4%
Lack of Energy	1532	37.4%
Panic/Anxiety Attacks	1536	23.2%
Starved Yourself to Loose Weight	1533	4.9%
Binge Eating/Forced Vomiting	1534	3.2%
Attempted to Kill Yourself	1533	11.8%

LIFETIME STRESSORS

The most frequently mentioned lifetime stressors were: separation of parents (45.5%), death of a close friend (40.7%), and divorce of parents (31.0%).

Stressor	Number of Cases	Percent With Stressor
Death of a Parent	1518	12.2%
Death of a Sibling	1521	12.8%
Death of a Close Friend	1524	40.7%
Divorce of Parents	1516	31.0%
Separation of Parents	1520	45.5%
Remarriage of Parent	1513	22.2%

PAST YEAR STRESSORS

The most commonly mentioned 'past year' stressors included: loss of a close friendship (42.4%) and serious family financial problems (29.0%).

Stressor	Number of Cases	Percent With Stressor
Serious Family Financial Problems	1520	29.0%
Serious Injury to Self	1524	16.1%
Serious Illness in Self	1522	7.7%
Loss of Close Friendship	1524	42.4%

SELF PERCEPTIONS

The most positive perceptions of the youth, based on the 'Usually' category, were: parents' love (80.2%), take care of self physically (63.5%), respect for themselves (63.3%), friends' respect for them (59.2%), and like the way they look (54.1%).

Self Image	Rarely	Sometimes	Often	Usually
Do You Take Care of Yourself Physically?	3.2%	12.8%	20.6%	63.5%
Do You Like the Way You Look?	6.2%	19.1%	20.6%	54.1%
Do You Consider Yourself Attractive?	10.7%	31.7%	20.4%	37.2%
Do You Respect Yourself?	3.2%	12.2%	21.3%	63.3%
Are You Ashamed of Yourself?	60.2%	29.7%	5.2%	4.9%
Do You Hate Yourself?	80.0%	16.3%	1.7%	2.0%
Do You Feel Like Killing Yourself?	89.5%	7.7%	1.5%	1.3%
Do Your Parents Respect You?	5.7%	17.9%	22.9%	53.4%
Are Your Parents Ashamed of You?	66.5%	25.4%	3.7%	4.4%
Do Your Friends Respect You?	3.8%	11.1%	25.8%	59.2%
Do Your Parents Love You?	2.2%	6.3%	11.3%	80.2%

RELIGIOUS INVOLVEMENT

Most (54.2%) of the clients had some formal religious training.

Have You Had Any Formal Religious Training?	Number of Cases	Percent
Yes	825	54.2%
No	698	45.8%

About one-third (31.5%) of the clients attended religious services within the last month.

How Long Since You Attended a Religious Service?	Number of Cases	Percent
Over a Year Ago	598	40.4%
Within Last Year	416	28.1%
Within Last Month	466	31.5%

Only 14.0 percent of the clients reported attending religious services weekly.

How Often Do You Typically Attend Religious Services?	Number of Cases	Percent
Never	622	41.0%
Several Times a Year	415	27.4%
1-3 Times a Month	267	17.6%
Weekly	212	14.0%

GENERAL RELATIONSHIPS

The clients had their best relationships with mothers, siblings, and fathers.

Person	Mostly Fight	Avoid One Another	Get Along	Close	Not Applicable
Mother	6.8%	6.7%	33.2%	47.4%	5.9%
Father	4.5%	14.8%	32.5%	22.6%	25.7%
Stepmother	3.1%	4.4%	9.0%	4.2%	79.3%
Stepfather	3.6%	6.9%	13.7%	6.9%	68.9%
Siblings	4.9%	4.2%	40.0%	45.6%	5.2%

GENERAL RELATIONSHIPS ADJUSTED (AFTER REMOVING THE 'NOT APPLICABLE' CATEGORY)

The clients had their 'best' close relationships with mothers, siblings, and fathers after removing from the analysis the 'not applicable' category. The worst relationships were between clients and their stepfathers and/or stepmothers.

Person	Mostly Fight	Avoid One Another	Get Along	Close
Mother	7.2%	7.1%	35.3%	50.3%
Father	6.0%	19.9%	43.7%	30.4%
Stepmother	15.0%	21.2%	43.5%	20.3%
Stepfather	11.7%	22.1%	44.2%	22.1%
Siblings	5.2%	4.4%	42.2%	48.2%

INFORMATION FROM ADOLSCENT DISCHARGE FORM

The main problem areas identified were: psychiatric disorder, suicidal ideation, physical abuse, and sexual abuse.

PROBLEM AREAS	Not a problem	Reported Prior to Treatment	Found During Treatment	Undetermined
Psychiatric Disorder	77.0%	15.6%	3.2%	4.2%
Learning Disability	83.2%	11.8%	0.7%	4.3%
Eating Disorder	95.7%	1.1%	0.5%	2.7%
Physical Abuse	79.1%	12.9%	3.9%	4.1%
Sexual Abuse	80.5%	12.8%	2.7%	4.0%
Suicidal Ideation	80.4%	15.9%	1.5%	2.2%

DISCHARGE STATUS AND REFERRALS

A vast majority (84.9%) of the clients completed the treatment programs.

	Evaluation only	Full discharge - completed program	Behavioral discharge	Discharged against staff advice	Other
Discharge Status	0.8%	84.9%	8.0%	2.7%	3.6%

Upon discharge, the most common referrals for living arrangements were: home of parents (61.0%) and group/foster home (11.7%). Because of multiple referrals, the total sums to more than 100 percent.

	Parental Home	Other relative's home	Halfway house/ extended care	Inpatient CD or psychiatric program	Group home/foster home	Correctional facility
Discharge Referrals/ Residential	61.0%	9.2%	3.3%	4.4%	11.7%	11.5%

SUBSTANCE USE DURING TREATMENT

Some (9.1%) were caught using substances during treatment.

	Yes	No
Was patient caught using during treatment?	9.1%	90.9%

DISCHARGE REFERRALS

Aftercare, AA/NA, and individual & family counseling/therapy were the most common post-treatment referrals.

	Aftercare	AA/NA	Alateen/Alanon	Other support group	Individual counseling/therapy	Family counseling/therapy
Discharge Referrals	89.9%	89.6%	11.8%	19.5%	44.0%	31.1%

FAMILY PARTICIPATION IN TREATMENT PROGRAM

Mothers, fathers, and siblings were the family members most likely to participate in the family segment of the treatment programs.

Family Participation	None	Partial	Full	N/A
Mother	39.3%	27.9%	26.6%	6.2%
Father	57.3%	13.1%	11.8%	17.8%
Stepmother/ Parent Figure	23.0%	1.9%	1.2%	73.9%
Stepfather/ Parent Figure	25.2%	3.5%	2.7%	68.5%
Foster Parents	16.8%	0.9%	0.7%	81.6%
Other Guardian	17.7%	6.6%	5.9%	69.7%
Sister(s)/Stepsister(s)	51.0%	13.9%	4.0%	31.1%
Brother(s)/Stepbrother(s)	53.5%	11.6%	3.3%	31.7%

SUBSTANCE ABUSE BY THOSE CLOSE TO CLIENT

Fathers, mothers, and brothers were most active substance abusers in the families of the clients.

Substance Abuse By	No	Suspected	Yes, Active	Recovering	Not Known	N/A
Mother	31.5%	16.7%	23.1%	14.6%	9.9%	4.2%
Father	16.2%	18.0%	25.6%	9.9%	19.8%	10.6%
Stepmother/ Parent Figure	13.1%	1.8%	2.3%	0.9%	6.2%	75.6%
Stepfather/ Parent Figure	14.1%	2.7%	3.4%	2.5%	6.2%	71.0%
Sister	28.2%	12.2%	12.2%	3.3%	15.9%	28.2%
Brother	23.8%	13.5%	16.7%	4.0%	13.7%	28.2%
Other Household Members	19.5%	3.8%	7.9%	1.2%	9.1%	58.4%

INFORMATION FROM ADOLESCENT FOLLOW-UP FORM

Follow-up information was available on 315 persons, although not everyone responded to each question.

SCHOOL

More than one-half (48.4%) of the clients at the time of follow-up were currently enrolled in junior or senior high school. Some (17.0%) had graduated from high school and others (16.0%) were working on GED's.

	Currently in high school or junior high	Suspended	Expelled	Quit School	Working toward G.E.D.	Graduated from high school	In college or vo-tech
Current School Status	48.4%	0.6%	1.3%	13.1%	16.0%	17.0%	3.5%

Most (66.5%) of the clients surveyed had plans for returning to or continuing educational pursuits, while some (20.1%) were unsure of their education plans.

	Yes	No	Not Sure
Do you plan to return to school or continue education over the next year?	66.5%	13.4%	20.1%

COMPARATIVE RESULTS: PRE- AND POST-TREATMENT

For all persons completing treatment, the clients were caught an average of 0.14 times at school for using alcohol during the past year. This was an improvement from the year prior to treatment in which the study participants were caught an average of 0.69 times. The persons completing treatment were 4.9 times less likely to report using alcohol or drugs at school than they were before treatment.

	History Form Before Treatment	Follow-up Form After Treatment
Number of times caught at school for alcohol or drug use in PAST TWELVE MONTHS.	0.69	0.14 (0.2)

The number in parentheses () refers to persons who were abstinent during the follow-up period.

The most common problems encountered at school in the year following treatment were: being placed on probation, being sent to the principal, and suspended. In the year before entering treatment all of the discipline problems listed in the table below were much greater with over one-half (50.8%) of the clients being sent to the principal and 40.8 percent being placed on probation. Clients who were abstinent had significantly fewer discipline problems. There were substantial decreases (70.1% to 90.9%) in discipline problems in each of the six areas (sent to principal, family conference, suspension, expulsion, being placed on probation, and other) measured between the 'before' and 'after' treatment time periods, illustrating one of the benefits realized by treatment.

During the twelve months, have discipline problems in	Before Treatment All Clients	After Treatment All Clients	After Treatment Abstinent	Percent Improvement All Clients
Being Sent to Principal/Dean	50.8%	8.9%	4.8%	82.5%
A Family Conference	26.3%	4.4%	1.2%	83.3%
A Suspension	38.9%	7.0%	3.6%	82.0%
An Expulsion	12.1%	1.9%	1.2%	84.3%
Being Placed on Probation	40.8%	12.2%	9.6%	70.1%
Other (specify)	13.2%	1.2%	2.4%	90.9%

EMPLOYMENT

The clients worked 13.7 hours per week during the school year before treatment and averaged 16.2 hours after treatment.

	Before Treatment	After Treatment
During the school year, number of hours per week worked at a job	13.7	16.2

Most of those working reported many problems at work before entering treatment. Of those with problems, the most frequent situations before treatment were: absence or tardiness from work, poor performance, and loss of job. After treatment, clients were 3.3 times less likely to be absent or late and 2.9 times less likely to have poor performance due to alcohol or drug use. Those who were abstinent reported significantly better work-related results.

Work problems related to alcohol or drug use in following areas	Before Treatment	After Treatment	Abstinent
Poor performance	11.9%	4.1%	1.3%
Absence or lateness	21.0%	6.4%	1.3%
Warning from employer about use	2.3%	1.2%	0.0%
Loss of a job	7.4%	5.8%	2.6%

HEALTH HISTORY

This group of persons did not report frequent medical problems 'during the past year' or during the year prior to treatment. Most of the medical treatment services received related to chemical dependency issues. In nearly every category of medical services, the clients had much fewer times or days after treatment than they did before treatment. There were 2.4 times fewer visits to the ER for illness/injury after treatment compared to before treatment.

Number of times or days medical treatment or services were received for the following:	Before Treatment Number of Times	After Treatment Number of Times	Before Treatment Number of Days	After Treatment Number of Days
Inpatient CD evaluation	0.33	0.11 (0.05)	1.80	0.66 (0.11)
Outpatient CD evaluation	0.93	0.13 (0.24)		
Inpatient CD treatment	0.38	0.22 (0.08)	10.50	11.90 (3.68)
Outpatient CD treatment	0.50	0.22 (0.17)		
Detox Center	0.25	0.02 (0.01)	0.27	0.27 (0.05)
Hospital Detox	0.04	0.00 (0.00)	0.05	0.00 (0.00)
Hospital medical admission	0.17	0.06 (0.08)	0.31	0.08 (0.13)
Inpatient psychiatric treatment	0.17	0.04 (0.00)	1.48	0.46 (1.00)
Outpatient psychiatric treatment	0.52	0.56 (0.54)		
ER visit for suicide attempt	0.05	0.02 (0.02)		
ER visit - accidental overdose	0.06	0.02 (0.00)		
ER visit for illness/injury	0.52	0.22 (0.16)		

The number in parentheses () refers to persons who were abstinent during the follow-up period.

There were significant reductions in the number of visits to doctors' offices after treatment. After treatment there were 1.6 times fewer office visits for injuries and 1.7 times fewer visits for illnesses compared to pre-treatment.

During the past twelve months, number of office visits made to the doctor for:	Before Treatment: Number of Visits	After Treatment: Number of Visits	Abstinent
An injury	0.66	0.41	0.41
An illness	1.57	0.94	0.43

During the past twelve months, number of office visits made to:	Before Treatment: Number of Visits	After Treatment: Number of Visits	Abstinent
other health professionals (e.g., physical therapist, chiropractor, nurse, etc.)	1.49	1.69	1.99

ARRESTS

There were significantly fewer arrests (5.0 times fewer misdemeanor arrests and 9.3 times fewer felony arrests) in the 12-month period following treatment than there were in the year preceding treatment. After treatment there were 2.6 times fewer arrests for alcohol and 5.7 times fewer arrests for drug offenses.

Arrests	Before Treatment: Number of Arrests	After Treatment: Number of Arrests
Misdemeanor arrest	2.42	0.48 (.17)
Felony arrest	0.28	0.03 (.01)

Ticketed	Before Treatment: Number of Arrests	After Treatment: Number of Arrests
In past twelve months, number of times ticketed or arrested for possession or use of alcohol	1.57	0.60 (.18)
In past twelve months, number of times ticketed or arrested for possession or use of drugs	0.63	0.11 (.06)

During the twelve months following treatment, there were fewer status offenses (83.8%) and 90.7% fewer out of control petitions compared to 12 months prior to entering treatment.

	Yes Before	No Before	Yes After	No After	Percent Improved
Arrested for status offense in past twelve months	30.2%	69.8%	4.9%	95.1%	83.8%
Out of control petition filed by parent or guardian in past twelve months	20.5%	79.5%	1.9%	98.1%	90.7%

PLACEMENT AFTER ARREST – FOLLOW-UP FORM

The most common placements as a result of arrests were: put on probation, put in a detention center, and placed in juvenile corrections facilities.

As a result of an arrest in the past twelve months, they were:	Yes –All
Put into a detox center	1.9%
Given an informal reprimand	7.7%
Given an informal hearing	12.3%
Put on probation	29.7%
Required to make restitution	12.4%
Put in a detention center	20.6%
In jail overnight	17.5%
In and out of home placement	4.5%
Placed in a juvenile corrections facility	18.2%
Given a jail sentence	8.4%
Certified as an adult or waived into adult court	5.8%

A few of those in this follow-up study had current charges pending for status offenses or misdemeanors.

Current Charges Pending for:	Yes
Status offense	1.7%
Misdemeanor	7.0%
Felony	1.0%

CURRENT SUPERVISION: FOLLOW-UP STUDY

Twelve months after treatment about one-third (30.1%) of the clients were under supervision of probation officers, and a few (5.6%) were supervised by social workers.

Currently under the supervision of:	Yes Responses
A probation officer	30.1%
A social worker	5.6%

VEHICLE

More than one-half (57.7%) of those surveyed in the follow-up study had valid drivers' licenses at some time and some (18.0%) of these had licenses revoked or suspended 'in the past twelve months.'

	Yes Responses
Ever had a valid driver's license	57.7%
License has been suspended or revoked in the past twelve months	18.0%

Very few were involved in motor vehicle accidents, but there were significantly fewer (about two times less) accidents during the follow-up period.

	Mean Number History Form	Mean Number Follow-up Survey
In the past twelve months, number of accidents while driving under the influence (cars/motorcycles/snowmobiles, etc.)	0.27	0.17
As a passenger, number of moving vehicle accidents during the past twelve months	0.61	0.21

SUBSTANCE USE

Alcohol and marijuana were the most frequently used substances during follow-up. Cigarette use was very common with 63.8 percent indicating some usage and 53.4 percent using daily. The abstinence rate was very good (47.3%).

Substance	Not used	Less than once per month	1-3 times per month	Weekly	Daily	Freq. unknown
Alcohol	41.3%	24.8%	11.6%	10.9%	3.0%	8.6%
Marijuana/Hashish	72.8%	7.9%	3.3%	4.6%	4.9%	6.6%
Sedatives/Barbiturates (sleeping pills, downers)	96.1%	1.6%	1.0%	1.3%	0.0%	0.0%
Stimulants/Amphetamines (meth, uppers, speed)	96.7%	1.3%	0.7%	1.0%	0.0%	0.3%
Tranquilizers (Valium, Librium, Ativan, Xanax)	99.3%	0.0%	0.3%	0.3%	0.0%	0.0%
Hallucinogens (acid, LSD, PCP, dust, crystal)	97.4%	1.3%	0.7%	0.7%	0.0%	0.0%
Painkillers (Demerol, Talwin, Darvon, Codeine)	98.4%	0.7%	0.7%	0.0%	0.0%	0.3%
Opiates (Morphine, Heroin, Dilaudid)	98.7%	0.7%	0.3%	0.3%	0.0%	0.0%
Cocaine (Crack)	98.4%	2.3%	0.3%	0.3%	0.0%	0.7%
Inhalants (glue, paint, gasoline)	99.0%	0.3%	0.3%	0.3%	0.0%	0.0%
Over-the-counter (diet pills, etc.)	97.0%	1.0%	0.3%	1.0%	0.7%	0.0%

	Daily	Occasionally	No
Smoke cigarettes	53.4%	10.4%	36.2%

SUPPORT GROUPS

Participation in support groups was not a major part of the post-treatment experience. About one-half attended any of the sessions.

Support Group	Never Went	Stopped Going	Attend Once Per Month or Less	Attend two-three Times Per Month	Attend Weekly	Attend two-three Times Per Week
AA/NA	47.2%	26.6%	4.9%	1.6%	12.8%	6.9%
Alateen/Alanon	92.8%	5.5%	0.0%	0.0%	1.0%	0.7%
Other Self-Support Group	94.5%	1.3%	0.6%	0.0%	2.6%	1.0%

AFTERCARE PROGRAM

About one-half (49.5%) of the persons in this follow-up group attended some CD aftercare. There was very little participation in other aftercare programs.

Type of Program	Never Went	Stopped Going	Attend Once Per Month or Less	Attend two-three Times Per Month	Attend Weekly	Attend two-three Times Per Week	Completed
CD Aftercare	50.5%	12.4%	1.3%	0.0%	10.7%	2.3%	22.8%
Individual Therapy/ Counseling	77.5%	6.8%	1.6%	2.6%	6.8%	0.7%	3.9%
Family Therapy/ Counseling	89.3%	2.9%	3.2%	0.6%	1.6%	0.0%	2.3%
Other	98.3%	0.3%	0.0%	0.0%	0.7%	0.0%	0.7%

FACTORS RELATED TO SUCCESS FROM HISTORY FORM

Based on the statistical analysis of the information on 315 clients who were surveyed 12 months post treatment, the following factors were found to be predictive of success (i.e., did not use substances during follow-up period):

History Form

- ◆ Those who had higher self-images were less likely to use alcohol or drugs than were those with lower self-images.
- ◆ Clients who had informal reprimands in the year before current treatment were more likely to use substances during follow-up.
- ◆ Persons who were jailed during the year prior to treatment were more likely to use substances during follow-up than were those not jailed.
- ◆ Clients who used hallucinogens and/or cocaine often before treatment were more likely to use substances during follow-up.
- ◆ Those who were frequently absent from school in the year before treatment were more likely to use substances during follow-up.
- ◆ Clients who used alcohol or drugs while in previous treatment programs were more likely to use substances during follow-up.
- ◆ Persons who experienced significant nervousness in the year before treatment were more likely to use substances during follow-up.
- ◆ Clients who experienced much tension in the year before treatment were more likely to use substances during follow-up.
- ◆ Those who experienced serious anxiety or panic attacks in the year before treatment were more likely to use substances during follow-up.

- ◆ Clients who reported the need to use more and more alcohol and drugs to get high in the year before treatment were more likely to use substances during follow-up.

FACTORS RELATED TO SUCCESS FROM FOLLOW-UP FORM

Based on the statistical analysis of the information on 315 clients who were surveyed during follow-up, the following variables were predictive of success (i.e., did not use substances during follow-up period):

Follow-up Form

- ◆ Clients placed in detention facilities were more likely to use substances during the follow-up period than were those not placed in detention.
- ◆ Those placed on probation were more likely to use substances during the follow-up period than were those not placed in detention.
- ◆ Clients sent to the principal/dean were more likely to use substances than were those not placed in detention.
- ◆ Persons with poor performance at work were more likely to use substances during the follow-up period.
- ◆ Clients with problems with absence from work were more likely to use substances during the follow-up period.
- ◆ Those with problems of loss of a job were more likely to use substances than were those not arrested.
- ◆ Clients transferred to adult courts were at higher risk for using substances during the follow-up period.
- ◆ Persons who rated the treatment programs 'high' were less likely to use substances.
- ◆ Clients smoking cigarettes were more likely to use drugs or alcohol than were those not smoking.
- ◆ Those jailed were more likely to use substances than those not jailed.
- ◆ Clients arrested were more likely to use substances than those not arrested.

RATINGS OF PROGRAM BY PARTICIPANTS

The clients rated four agree/disagree questions concerning the treatment programs they completed. In general, the clients had high ratings of the treatment programs.

A majority (80.4%) of the clients completing the follow-up interview agreed that it was a good program.

A high proportion (84.1%) agreed with the statement that the counselors were helpful.

More than three-fourths (80.6%) of those completing the follow-up survey felt they learned much from the treatment program.

Most (80.6%) of the clients indicated that they would recommend the program to other people, while some (10.0%) were not sure if they would or not.

Treatment Program Ratings	Strongly Agree	Agree	Not Sure	Disagree	Strongly Disagree
It was a good program.	59.0%	21.4%	13.8%	2.8%	3.1%
The counselors were helpful.	66.9%	17.2%	11.0%	1.0%	3.8%
I learned much.	60.2%	20.4%	13.1%	2.4%	3.8%
I would recommend the program to other people.	63.0%	17.6%	10.0%	2.8%	6.6%

OPEN-ENDED QUESTIONS

These comments were taken from those completing the follow-up form that was administered 12 month post-treatment. To date, 315 persons have completed the follow-up survey.

What did you like best about the Alcohol and Drug Treatment Program?

- Counselors (50 responses)
- Nothing (28 responses)
- Talking, sharing, openness (22 responses)
- Group sessions, discussions (18 responses)
- It was helpful, good, nice (17 responses)
- Information, knowledge (16 responses)
- Interaction with other clients (8 responses)
- Don't know (12 responses)
- Staff (11 responses)
- One on one (11 responses)
- Environment/comfortable setting/relaxed (8 responses)
- Learned about myself/my problems/my emotions (6 responses)
- Being around people with similar problems (6 responses)
- Somebody that listens to me (5 responses)
- Everything/all of it (5 responses)
- Videos/movies (5 responses)
- Being accepted/not preached at/being supported (3 responses)
- Abstinence/alternatives to drugs/alcohol (3 responses)
- Food (3 responses)
- Steps (2 responses)
- Forums/guest speakers (2 responses)
- Learning coping skills (2 responses)
- Meeting new people (2 responses)
- Family part (2 responses)
- AA has helped (1 response)
- Being away from friends (1 response)
- Comprehensive, thorough (1 response)
- Dealing with issues (1 response)
- Getting up early (1 response)
- Got close to mom (1 response)
- Hugs (1 response)
- Kept me out of JD (1 response)
- Rewards (1 response)
- Support from everyone (1 response)
- Discipline (1 response)
- It was interesting (1 response)

- Learned about the consequences of my actions (1 response)
- Could be honest with myself (1 response)
- Earning privileges (1 response)
- Structure of program (1 response)
- Learning self discipline (1 response)

What, if anything, about the program do you think needs to be changed?

- Nothing (140 responses)
- Don't know/not sure (14 responses)
- Rules, too strict (8 responses)
- Staff/better staff/better counselors (8 responses)
- Food (5 responses)
- Disciplinary system/stricter discipline (4 responses)
- Everything (3 responses)
- Bad timing/time it is held (2 responses)
- More structure (2 responses)
- Too many hours/too long (2 responses)
- Update videos (2 responses)
- Drug use during treatment/more on drugs (2 responses)
- More one on one counseling (2 responses)
- More family interaction/counseling (2 responses)
- More freedom in getting things done (2 responses)
- Wearing uniforms (2 responses)
- Aftercare counselor (1 response)
- Cost (1 response)
- Discuss issues that lead to substance abuse (1 response)
- Discuss other problems in life (1 response)
- Getting up at 6:30 (1 response)
- Male & female communication (1 response)
- Mandatory parental support (1 response)
- Should be optional (1 response)
- Too boring (1 response)
- Too pushy (1 response)
- Too repetitive (1 response)
- More activities (1 response)
- Use different teaching methods (1 response)
- More community involvement (1 response)
- The way people introduce themselves (1 response)
- Not so much wasted time (1 response)
- Work 12-step program better (1 response)
- More understanding (1 response)

- Fewer movies (1 response)
- Too much Native American culture (1 response)
- Longer (1 response)
- Separate those who don't want to be there (1 response)
- More groups (1 response)
- Treat everyone the same (1 response)